

Provisional time Table:

Day		Weight-in time		Classes	Start
Friday	17 th May 2019			Technical Meeting	20:00
CLASSIC BENCH PRESS					
Saturday	18 th May 2019	06:00 – 07:30	Platform 1 2 Groups Men M1(17)-M2(12) 59 – 74kg	Platform 2 2 Groups Men M3(11) – M4(13) 59 – 74kg	08:00
		08:30 – 10:00	Platform 1 2 Groups Women M2 – 47-63kg(18) 72 - +84kg (15)	Platform 2 2 Groups Women M3– M4 47 –57kg(12)63-84+kg(12)	10:30
		10:30 – 12:00	Platform 1 1 Group Women M1 (17) 47,52 & 63kg	Platform 2 1 Group Women M1 (16) 57 & 72kg	12:30
		12:30 – 14:00	Platform 1 1 Group Women M1 (16) 84 -+84kg		14:30
				Opening Ceremony	16:00
		14:30 – 16:00	Platform 1 1 Group Men M1 – M2 (17) 83kg	Platform 2 1 Group Men M3 – M4 (9) 83kg	16:30
		16:00 – 17:30	Platform 1 1 Group Men M1 – M2 (14) 93kg	Platform 2 1 Group Men M3 – M4 (16) 93kg	18:00
		17:30 – 19:00	Platform 1 1 Group Men M1 –M2 (20) 105kg	Platform 2 1 Group Men M3 – M4 (11) 105kg	19:30
Sunday	19 th May 2019	07:00 – 08:30	Platform 1 2 Groups Men M1 – M2 120kg(11) +120kg(14)	Platform 2 1 Group Men M3 – M4 (14) 120 –+ 120kg	09:00
		09:30 – 11:00	Platform 1 2 Groups Women S/Jun 43-57kg(11) Women S/Jnr63-+84kg(10)		11:30
		12:00 – 13:30	Platform 1 2 Groups Men S/Jun 83 – 93kg (9) 105 -+120kg (12)	Platform 2 1 Group Men S/Jun (17) 53 – 74kg	14:00
		14:30 – 16:00	Platform 1 2 Groups Women Jun 63 & 84kg(12) 72 & +84kg (9)	Platform 2 1 Group Women Junior (19) 43 – 57kg	16:30
		17:00 – 18:30	Platform 1 2 Groups Men Jun 83 & 93kg (14) 105 +120kg (14)	Platform 2 1 Group Men Junior (18) 53- 74kg	19:00
Monday	20 th May 2019	08:00 – 09:30	Platform 1 1 Group Open Women (11) 47 – 57kg		10:00
		10:00 – 11:30	Platform 1 Open Men (16) 59 – 66kg 1 Groups		12:00
		13:00 – 14:30	Platform 1 2 Groups Open Women 63kg (12) – 72kg(10)		15:00
		16:00 – 17:30	Platform 1 2 Groups Open Men		18:00

			74kg (9) – 83kg (13)		
Tuesday	21 th May 2019	08:00 – 09:30	Platform 1 2 Groups Open Men 93kg (15) – 105kg(14)		10:00
		11:00 – 12:30	Platform 1 Open Women (18) 84 – +84kg 1 Groups		13:00
		13:00 – 14:30	Platform 1 2 Groups Open Men 120kg (14) +120kg(11)		15:00
				Closing Banquet	19:00

EQUIPPED BENCH PRESS

Wednesday	22 nd May 2019	07:00 – 08:30	Platform 1 2 Groups Men M1-M2 59-66kg(10) 74kg(11)	Platform 2 1 Group Men M3(10) M4 (9) 59 – 74kg	09:00
		09:00 – 10:30	Platform 1 2 Groups Women M2 47-63kg(13) 72-+84kg(12)	Platform 2 2 Groups Women M3– M4 47-52kg(9) 57-+84kg(11)	11:00
		11:30 – 13:00	Platform 1 2 Group Women M1 47 -63kg(12)72-+84kg(12)		13:30
		13:30 – 15:00	Platform 1 2 Groups 83kg Men M1 & M3(10) Men M2 & M4 (10)		15:30
		15:00 – 16:30	Platform 1 2 Groups Men M1(12)– M2(10) 93kg	Platform 2 1 Group Men M3 – M4 (12) 93kg	17:00
		17:00 – 18:30	Platform 1 2 Groups 105kg Men M1 & M3(14) Men M2 & M4 (11)		19:00
Thursday	23 rd May 2019	07:00 – 08:30	Platform 1 2 Groups 120kg Men M1 – M2 (16) +120kg Men M1-M2 (10)	Platform 2 1 Group Men M3 – M4 (11) 120 – + 120kg	09:00
		09:00 – 10:30	Platform 1 2 Groups Women S/Jun 43-57kg (11) 63-+84kg (8)		11:00
		11:00 – 12:30	Platform 1 2 Groups Men S/Jun 53-83kg (14) 93 – +120kg (14)		13:00
		13:00 – 14:30	Platform 1 2 Groups Women Jun 63 & 84kg(10) 72 & +84kg (9)	Platform 2 1 Group Women Junior (14) 43 – 57kg	15:00
		15:00 – 16:30	Platform 1 2 Groups Men Jun 83-93kg (12) 105-+120kg (13)	Platform 2 2 Groups Men Jun 53-59kg (9) 66 - 74kg (12)	17:00
Friday	24 th May 2019	07:00 – 08:30	Platform 1 Groups Open Women 47 & 57kg(13) 52kg(9)		09:00
		10:00 – 11:30	Platform 1 1 Group Open Men 59(7) – 66kg (9)		12:00
		13:00 – 14:30	Platform 1 2 Groups Open Women 63kg (12) – 72kg (13)		15:00

		16:00 – 17:30	Platform 1 1 Group Open Men 74kg (10) – 83kg (10)		18:00
Saturday	25 th May 2019	08:00 – 09:30	Platform 1 2 Groups Open Men 93kg (12) – 105kg (11)		10:00
		11:00 – 12:30	Platform 1 1 Group Open Women 84kg(12) +84kg(8)		13:00
		14:00 – 15:30	Platform 1 2 Group Open Men 120Kg (12) +120kg (10)		16:00
				Closing Banquet	19:00